

The Signature



**RISTORANTE BELLA
ETNA WINS FOURTH
NEY AWARD**

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**NAVSUP UPGRADES
POST OFFICE**

**DELICIOUS SICILIAN
EASTER TREATS**

Direct Line

Adm. Mike Gilday, Chief of Operations and Mrs. Linda Gilday



Mrs. Linda Gilday

Adm. Mike Gilday

CNO: Shipmates, CNO Gilday here with my wife, Linda, to celebrate Women's History Month.

Linda: During March, we honor and pay tribute to those women – Active and Reserve, Uniformed and Civilian – who have served our Navy and our nation.

CNO: Linda, there is no doubt, our Navy is full of trailblazing pioneers who paved the way for more than 142,000 women serving in our Navy today. These Sailors and spouses, mothers, daughters, and sisters, have served in every rank - from seaman to admiral, and in most every job, from naval aviators to explosive ordinance disposal technicians.

Linda: Last November, we started to document the achievements of Women in the Navy (WIN) and created a display in our home to honor 50 pioneers that led the way. And today, we are proud to announce the next 50 women to add to that group. We are honoring their achievements and hoping to inspire the next generation.

CNO: We're recognizing women like Vice Adm. Jan Tighe, the first woman to command U.S. Fleet Cyber Command; Ms. Juliet Beyler, who serves as NAVEUR's Executive Director and was one of the Marine Corps' first combat engineers. And women like Senior Chief Shannon Kent, who was killed in action in Syria.

Linda: Two weeks ago, Mike and I had the privilege to meet Sailors aboard the USS Nimitz (CVN-68). The women I met with each had amazing stories of perseverance, tenacity, service and pride in their work, while many were balancing needs of families at home. No doubt, there's a strong cadre of women who are moving up the Navy's ranks, and each benefits from the sacrifices of those that we honor in the "WIN" display.

CNO: And while this is a small representation of the women who have served, it is our hope that this sparks recognition about the many accomplishments women have, and will continue to achieve, through their hard work, grit, and determination.

Linda: It is our hope that sharing these stories will continue to foster future generations of both men and women alike. And we will continue growing this list in the months and years to come.

CNO: To the women who forged ahead and are breaking barriers – thank you. And to those women who serve selflessly day-in and day-out – we appreciate all that you do. I am grateful to each and every one of you. We'll see you in the Fleet, shipmates.

HAPPY 128th BIRTHDAY CHIEF PETTY OFFICERS



THE SIGNATURE

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Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. **Editorial submissions** should be sent to the Public Affairs Office via thesig@eu.navy.mil. All articles submitted by non-staff members will be considered contributing writers.

In the Spotlight

Name: Ashley Bumpus
Command: U.S. Naval Hospital Sigonella
Department: Radiology

By MCSN Triniti Lersch, *NAS Sigonella Public Affairs*

When Ashley Bumpus of Toledo, Ohio, was choosing her path after high school, she knew two things: she wanted to pursue radiology, and she wanted to join the Navy even though most of her family is in the Air Force—the uncles she looks up to are in the Navy.

When she learned that she could be a Navy Hospital Corpsman (HM), she jumped at the opportunity and joined in 2013.

Bumpus arrived to Naval Air Station Sigonella in September of 2020 and is attached to Naval Hospital Sigonella; this is her third command. After spending seven months in Sigonella, Bumpus was hand-selected to receive ultrasound training to maintain the hospital's services through a temporary additional duty to Camp Pendleton. This training is in addition to two separate "C" schools: radiation health while stationed in Okinawa, Japan, and then advanced x-ray while stationed in San Diego, California.

"To be selected for something is always an honor," said Bumpus. "The radiologist saw the interest that I took in it and I'm grateful that they selected me."

HMs serve as assistants in the prevention and treatment of disease, disability, and injury. They also assist health care professionals in providing medical care to military personnel and other authorized beneficiaries.

"With patient care there is no normal day," explains Bumpus. "There is no normal situation. We plan for the best but we're prepared for the worst."

HMs may also function as clinical or specialty technicians, medical administrative personnel, and

health care providers at medical treatment facilities. HMs can work in a variety of environments.

"In x-ray school, they put you in training in a little bit of everything," said Bumpus. "Our main modality is diagnostic x-ray, but they teach us a little bit of everything. Being here, with it being such a small command, we don't see a lot of x-ray patients, but we're very ultrasound heavy."

The pandemic put a stumbling block in Bumpus's career growth at first. She was supposed to attend school for 13 months, but her training was suspended for three months. Instead, she was assigned to working 12-hour shifts in the emergency room.

"It pushed me back as far as timing, and in our job timing is everything," said Bumpus. "COVID slowed a lot of things down, but it gave me an opportunity to kind of realign myself. It's given me a lot of time to refocus myself."

Bumpus has also used her time in service of her command and her shipmates. She has filled in as interim radiation health technician during a gapped period, completing inspections to keep the program compliant for the entire command. Her collateral duties include serving as a Command Basic Life Support Instructor and being one of the Lead Residential Advisors for Unaccompanied Housing. She has also been studying for registry school and advancement tests in her spare time.

Bumpus has visited a few places in Sicily, but her favorite was Cefalù because of the beach, architecture, and seafood.

NAVSUP Upgrades NAS I Post Office

By **LS2 Andrea Tucker**, *NAVSUP FLCSI Public Affairs*

These days we are able to take a photo of a QDR code to view a digital snapshot of a menu at a restaurant for takeout and then pay for your purchase without swiping your credit card, and the NAS I post office is catching up with the times.

On Naval Air Station Sigonella (NASSIG), Fleet Logistic Center Sigonella (FLCSI) completed a portion of the service upgrades as renovations to NAS I post office lobby finished in February.

The lobby's new customer service-focused design is a modern open floor plan. The finance and mail pick-up stations have been remodeled into a one-unit continuous countertop work surface.

"Our focus with these renovations is to improve the post office for a better customer experience," said Lt. John Harmony, FLCSI's Site Director at NASSIG. "The design upgrades demonstrate how FLCSI is making strides to improve working conditions, enhance efficiency and bring the postal service into the modern era, equal to any FLC across the globe."

FLCSI's fleet mail center (FMC) at NASSIG comprises two postal offices. One is located at the installation's support facility (NAS 1) and another is located at its operational base (NAS 2). In total, FLCSI's FMC at NASSIG processes 1.5 million pieces of incoming and outgoing mail. In the financial operations of cash, money orders, and stamp stock, NAS 1 postal finance processes \$225,000 annually while NAS 2 processes \$240,000 annually.

"The post office's design upgrades are just the beginning of our continuous process improvement effort," said Ajaka Chesterfield, FLCSI's postal officer at NASSIG. "We are looking forward to the installation of Smart Lockers in the lobby of the NAS 1 post office. They will allow for 24 hour access to packages once they are operational."

Once these upgrades are complete, the NAS I post office will provide the modern convenience of unrestricted access to mail which will ease the burden of watchstanders and first responders at NASSIG who may not be able to visit the post office during regular business hours.

"The smart locker system will be akin to those large internet retailers utilize, and mail boxes for all tenant customers," Harmony said. "In addition to the smart locker system, we'll soon be breaking ground with the installation's new FMC facility at NAS 2."

"The Sailors, Marines, and civilian employees of Site Sigonella's Fleet Mail Center do a wonderful job in tackling the needs of both tenant and fleet customers spread throughout the AOR," he added.

FLCSI is one of NAVSUP's eight globally-positioned logistics centers that provides for the full range of the fleet's military operations. FLCSI delivers solutions for logistics, business and support services to the Navy, Military Sealift Command, Joint and Allied Forces throughout Navy Region Europe, Africa, Central.



Ristorante Wins

By NAS Sigonella Public Affairs

What comes after a three-peat? A new word may need to be invented after Naval Air Station Sigonella's base galley, Ristorante Bella Etna, won the 2021 Captain Edward F. Ney Award for Food Service Excellence in the OCONUS category for the fourth year in a row.

"I am extremely proud of our Ristorante Bella Etna staff for winning an unprecedented fourth Ney Award," said Capt. Kevin Pickard, commanding officer, NAS Sigonella. "On a daily basis, our extraordinary team, comprised of superb culinary specialists and truly exceptional local Italian employees, strives to provide the best food to the diverse array of U.S. and Allied service members who live and work at Naval Air Station Sigonella."

The Secretary of the Navy and the International Food Service Executives Association (IFSEA) established the "Ney" award program in 1958. It is named after Capt. Edward F. Ney, who was awarded a Legion of merit for his service in food procurement during World War II. The annual award encourages excellence in the Navy food service programs with the objective of improving the quality of life for our Navy personnel. Ney awardees must earn a five-star rating from a Navy evaluation team to be considered for the award.

This year, the process changed to accommodate COVID-19 mitigation measures. Instead



CAPTAIN EDWARD F. NEY MEMORIAL AWARD
PRESENTED TO
RISTORANTE BELLA ETNA DINING
FACILITY, SIGONELLA, ITALY
2021 FIRST PLACE OCONUS AWARD
OFFICIAL AWARD



Ristorante Bella Etna Galley Fourth Ney Award

of a Food Servant Warrant Officer visiting each galley in person, the inspection took place through a comprehensive package submission. First, a Commander, Navy Installations Command (CNIC) panel reviewed materials based on standardized inspection criteria. Detailed scores and rankings were then sent to Naval Supply Systems Command (NAVSUP) for a final review, and the results were forwarded to the Secretary of the Navy.

Other 2020 Ney award winners in CNIC include Trident Inn, Naval Base Kitsap, WA for West Coast general mess and Gator Inn, Joint Expeditionary Base Little Creek, VA for East Coast. In the OCONUS category this year, NAS Sigonella galley competed against Commander Fleet Activities Yokosuka, Japan.

"I honestly don't have words that adequately express my excitement for the galley's fourth win in a row," said Courtney Silvestre, NAS Sigonella Fleet Readiness Director. "This incredible winning streak is attributed to the galley's consistent hard work and unrelenting desire to grow, improve and continue to serve our community. No one deserves this recognition more than them."

Ristorante Bella Etna is made up of a team of nearly 50 local Italian civilians, along with a small number of Sailors, to maintain the galley at the highest standard.

"Earning this honor for the fourth time in a row is not easy and demonstrates their dedication to the highest standards of culinary excellence and financial management that is recognized across the entire Navy and around the world," said Pickard.

News of the award is a cherry on top of the sundae for the galley staff, who have long shown pride in their work.

"Our entire staff are stoked, super proud and grateful that our team is receiving the award for four straight years in a row," said CWO4 Rolando Abad, Food Service Officer. "It requires consistent and tireless efforts to achieve a culture of excellence which enables us to operate a Navy's best dining facility. This award is a true testament to the hard work and dedication of both our host nation and active duty personnel at Ristorante Bella Etna."

We are truly humbled and honored. It really takes a collective and common team goal," said Abad.

Of course, the rewards of this work are not only reaped by the galley staff. As Abad said, "Bottom line, our internal and external customers at Ristorante Bella Etna are the true winners!"

NAS Sigonella's strategic location enables U.S., allied, and partner nation forces to deploy and respond as required to ensure security and stability in Europe, Africa and Central Command.





Italian News

EASTER CAKES ARE DELIZIOSI!

By Dr. Alberto Lunetta, *NAS Sigonella Public Affairs*

“**A**viri cchiu’ chiffari di lu furnu di Pasqua” is a Sicilian saying which means “to be busier than an oven during Easter.” As you can imagine, a lot of baking happens on the island during the Settimana Santa or Holy Week!

Traditional Easter celebrations in Sicily include colorful processions, religious plays, art exhibitions, Holy Masses, and concerts. Unfortunately, almost all of these traditions were canceled for the second year in a row due the pandemic. Nevertheless, food remains at the center of this heartfelt Catholic tradition.

One special edible Easter tradition consists of cakes made according to centuries-old recipes. As in other Sicilian religious festivals, these cakes symbolize the religious meaning of the holiday through their ingredients and shapes.

Italian Easter cakes usually include eggs, flour, ricotta cheese, and marzipan. Marzipan is a sweet mixture of almond paste and sugar often colored and molded into a variety of shapes such as fruits, animals, flowers, and holiday shapes. The egg in particular has a special role. Once considered a symbol of fertility and regeneration of nature, it became the symbol of Jesus’ victory over the dead in Christianity.

As for symbolic shapes, the most common Easter cakes use Christian iconography such as the lamb or the dove.

A symbol of love and peace, the “colomba” (dove) is undoubtedly the queen of the traditional Italian Easter sweets. A sweet bread covered in pearl sugar and topped with almonds, the iconic colomba’s batter is made with flour, butter, and eggs. Its dove shape is a symbol of peace that recalls the first Christian symbols painted in the catacombs.

There are a few legends about the colomba cake’s historic origin. According to one legend, the colomba marked the victory of the Lombard League in 1176 over the Holy Roman Empire in the Battle of Legnano. Two doves miraculously appeared on the battleground on the war flags of the Lombard troops, a sign of good luck that instilled great courage in the soldiers. They later celebrated their victory with white cakes in the shape of a dove that were distributed among the troops and the people.

Another legend says that a young girl in the sixth century first baked the dove-shaped cake to please the vengeful King Albion of the Lombard tribe who conquered Pavia in 572 after a long siege. He is said to have liked the tasty colomba so much that he decided to spare the lives of the inhabitants of the city. That’s a powerful cake!

Yet another legend sets the origin of colomba back to 610 in the city of Pavia. Queen Teodolinda had hosted a group of Irish pilgrims led by Saint Colombano and offered them a rich banquet that included meat. However, since it was the period of Lent, the saint declined the meal. As he blessed the meat, it turned it into white bread loaves shaped like doves.

In the 1930s, the Milan-based company Motta created the modern version of this scrumptious cake by baking a new product similar to the Christmas panettone. Today, colomba can be baked in a variety of flavors and fillings such as chocolate, lemon, pistachio, limoncello, orange, and more.

Another important symbolic Easter cake is the “lamb.” Known in Sicilian as “Agneddu Pasquali” because it represents the resurrection of Jesus, this detailed marzipan confection depicts a lamb either sitting or standing in a meadow. The lamb wears or carries a small red paper flag, which is a reproduction of the medieval symbol of the French kings who ruled Sicily and also represents the “banner” of the Resurrection. Little silver pearls of sugar and “frutta Martorana,” which is marzipan in the shape of fruit, adorn the meadow. You will find all sizes of these beautiful and delicious lamb cakes displayed in the windows of the Sicilian patisseries.

The most expensive and valuable of these cakes are the “Agneddi di Pasta Riali,” marzipan lambs covered with icing and painted like frutta Martorana. In Sicilian, “Pasta Riali” means royal paste because it was originally made in the kitchens of the great nobles as well as the famous confectioner-friars and nuns of the Martorana Convent in Palermo. These particular lambs are often filled with citron jam and are a specialty of the towns of Erice and Acireale, where they’re almost life-sized.

The cassata is another traditional Sicilian Easter

cake that nowadays can be found all year round. Cassata is made with ricotta cheese and marzipan and can be found everywhere on the island. However, in Palermo, it is more richly decorated with candied fruits than in other Sicilian cities.

Cassata was first prepared in the year 998 at the palace of Emir Yussuf in Palermo. Its name derives from “quas’at” which means “round bowl” in Arabic. Historians believe that this cake was prepared in a round bowl 33 cm in diameter and that its inventor used all the delicacies available at the time. As centuries passed, this cake became so popular that in 1575, the Ecclesiastical Council of Mazara banned its production in convents and monasteries in order to prevent the nuns, who were very skilled and popular confectioners, from being disturbed during the Holy Week’s prayers.

According to scholars, the first prototype of modern cassata, which included sophisticated decorations with candied fruits, was prepared in the second half of the 16th century by the nuns of the Valverde Monastery in Palermo.

Eating cassata is a must for any good Sicilian. As the

saying goes, “tintu cu nun mancia cassati la matina ri Pasqua,” which means, “bad is the one who doesn’t eat cassate on Easter morning!”

Though these are the most popular Easter pastries in Sicily, there are more worth mentioning!

“Viscotta di casa” are traditional home-baked biscuits that are still prepared according to ancient recipes.

“Cassateddi” are small half-moon shaped sweets made of short crust, dried ricotta cheese, and honey that are deep-fried and topped with sugar frosting. The “cuddura” is a ring-shaped cake with eggs placed on top of it. Its consistency is a means of communicating respect toward a family. The number of eggs it contains or its size can tell you the degree of obligation that the giver wants to express.

Finally, the “uova di cioccolato” (chocolate eggs) with a “surprise” inside have also become very popular in Italy. You can find them made with all kinds of chocolate, and one new tradition is to buy a precious jewel and have it put inside.

With all of these treats to choose from, if you have a sweet tooth, you will love Easter in Sicily!

Easter Cakes



Agneddu Pasquali



Cassata



Cuddura



Colomba



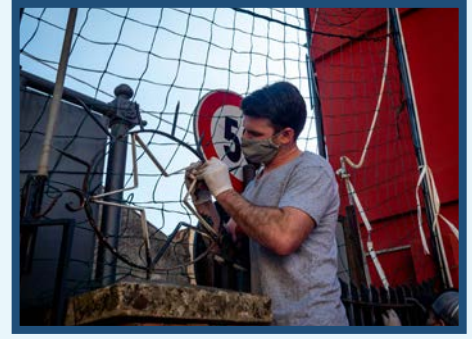
Cassateddi



Uova di Cioccolato

VP-46 CONDUCTS COMRELS

Story by Lt. Andrew Staley and photos by MC2 Austin Ingram, VP-46 Public Affairs



On December 26, 2018 at 3:19 AM, a 4.8 magnitude earthquake shook the local municipalities around Mount Etna causing substantial damage to many buildings in the greater Catania region.

As a forward-deployed squadron at Naval Air Station Sigonella in Sicily, Patrol Squadron 46 (VP-46) Grey Knights had the distinct pleasure of assisting two local community churches: Santuario di Maria SS Ritornata and Chiesa Maria SS del Carmelo e Sant'Emidio.

The Grey Knights assisted Santuario di Maria SS Ritornata with repairs to the church including sanding and painting of the church fence. Through the combined support of a dozen Sailors, the Grey Knights worked tirelessly to bring the fence and metal arches back to condition that reflect the true beauty of the church.

Father Giovanni Cavallaro expressed his sincere gratitude to the Grey Knights for helping the church and the community in such trying times.

"I'd like to thank the Sailors for their support," said Cavallaro. "This was a great, intercultural exchange. It was great to share food with our community volunteers from America."

The Grey Knights also served the parish of Pennisi at Chiesa Maria SS del Carmelo e Sant'Emidio church. The

2018 earthquake devastated the church. Multiple walls and buildings collapsed, prompting the congregation to move into an auxiliary building while awaiting equipment required to remodel the main sanctuary.

VP-46 Sailors painted the doors and fence of the auxiliary building to make it feel more welcoming to the citizens of the parish. One of Chiesa Maria SS del Carmelo e Sant'Emidio's spiritual leaders, Father Samson, said that they were excited when they heard a squadron from the U.S. Navy had volunteered to help.

"We are very gracious for the wonderful service and generosity for the people of this community who are much in need after such a devastating natural disaster," said Samson.

Samson said that the entire community got together weeks in advance to prepare supplies and refreshments for our volunteers.

"We look forward to working with you all again," said Samson.

VP-46 is currently forward-deployed to the U.S. Sixth Fleet area of operations and is assigned to Commander, Task Force 67, responsible for tactical control of deployed maritime patrol and reconnaissance squadrons throughout Europe and Africa.



Lt. Cmdr. Mason Wins Fuels Officer of the Year

By Joe Yanik, *NAVSUP FLCSI*

Lt. Cmdr. Christopher Mason, FLCSI's regional fuels officer, was selected as Fuels Officer of the Year for calendar year 2020 as part of the Excellence in Naval Fuel Management Recognition Program.

The Excellence in Naval Fuel Management Recognition Program was established to promote excellence in fuel management and recognize personnel and activities making the most significant contributions to Navy and Marine Corps fuel operations and the Fleet fuel support mission. Program awards are divided into four command categories and a single category to honor individuals.

Since he joined NAVSUP FLC Sigonella in 2019, Mason has been serving as the command's Regional Fuels Office Department Head (Code 700), as well as product and service lead for fuels operations. In these roles, he oversees a diverse workforce comprising more than 200 military, civil service, local national, and contractor employees who are responsible for the receipt, storage, issue, quality surveillance, and accounting for bulk liquid fuels and lubricating oil at five FLCSI Sites across Navy Region Europe, Africa, Central (EURAFCENT).

In 2020, Mason and his team safely provided 85 million gallons in petroleum sales to the warfighters operating across EURAFCENT. He was also responsible for the building of a JP-5 bypass pipeline and the opening of an inactive F-76 pipeline by the Italian Navy at the Augusta Bay Pier, among many other accomplishments.



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VETERANS



[HISTORY.NAVY.MIL](https://history.navy.mil)

The Fast and the Furriest



Sat, April 17
10 am
Marinai

1.5 mile run or walk

with your four-legged furry friends!

Dependent upon local Italian COVID-19 Regulations

fastandthefurriest.eventbrite.it



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